Colorectal Cancer Screening – Implementing a FIT Program

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Colorectal Cancer Screening How Can it FIT?

OBJECTIVES

- 1. IDENTIFY GUIDELINES AND NEED FOR COLON CANCER SCREENING FOR PREVENTION.
- 2. DISCUSS DIFFERENT OPTIONS FOR SCREENING.
- 3. SUMMARIZE STEPS TO IMPLEMENT A SUCCESS FIT TESTING PROGRAM.

No Financial Disclosures

- Colorectal cancer is now the 2nd-4th most common cause of cancer mortality in men and women.
 - ➤ Men prostate, women breast, lung for both.
- Annual incidence worldwide is ~1 million cases with annual mortality > 500,000.
- Risk factors vary from person to person, depending on hereditary factors, diet, region, and lifestyle.

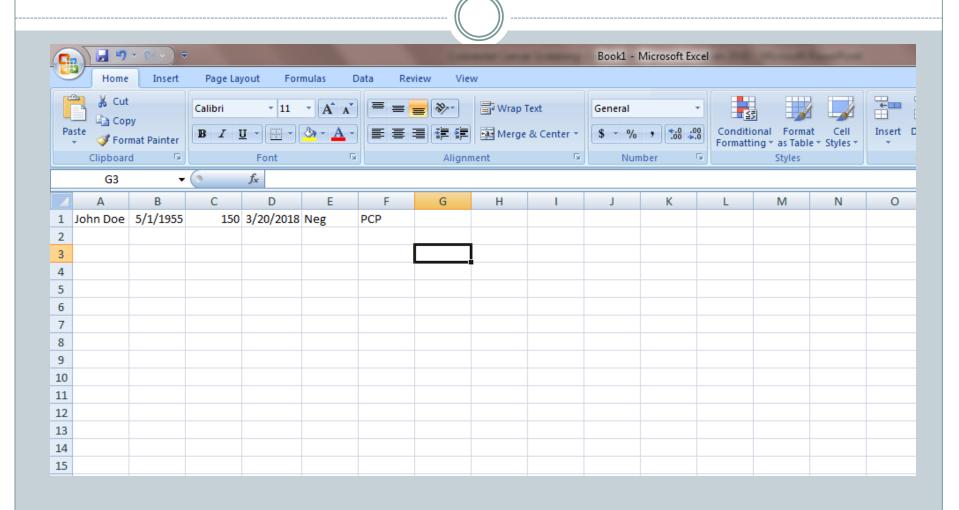
Guidelines

- American Cancer Society recommendations -
 - Colonoscopy starting at age 50 -for individuals at average risk
 - Up to 75 years old
 - Colonoscopy every 10 years
 - To find polyps and cancer
 - Gold standard for testing
- U.S. Preventive Services Task Force USPSTF
 - High sensitive fecal occult blood testing recommended as colorectal cancer screening test.

- FIT fecal immunochemical test tests for occult (hidden) blood - reacting to patient's hemoglobin proteins, no parameters
- gFOBT guiac based fecal occult blood test for occult (hidden) blood, has parameters
- Cologuard Stool DNA test intended for the qualitative detection of colorectal neoplasia associated DNA markers ie: cells or gene mutations, and for the presence of occult hemoglobin in human stool. A positive result may indicate the presence of colorectal cancer (CRC) or advanced adenoma (AA) Cost is ~\$600.

- "Fitting" screening into primary practice
- Health Maintenance
 - Review all health maintenance items
 - Review statistics
 - Review importance and guidelines
 - Review family and personal history items
 - Review options
 - o "Proactive vs. Reactive"

- Implementation of FIT testing
 - FREE
 - Explain testing kit
 - Explain postage paid envelope
 - Fill out paperwork with demographic information
 - Explain paperwork
 - FAX cover sheet to Public Health Division for tracking
 - Excel spreadsheet to track kits



- Excel Spread Sheet
- Pt name DOB Kit # Pos/Neg Date Done
- Every 6 month, review list

- Improvements in colorectal surgery
 - Permanent Ostomy
 - Re-anastamosis
 - Temporary Ostomy
 - Laparascopic surgery

Citings

- American Cancer Society (2018) Colorectal Cancer Screening tests.
- Cologuard (2018) The New 50.
- Van Vugt, J. et al (2014) Improving the outcomes in oncological colorectal surgery.
 www.ncbi.nlm.nih.gov/pmc/articles/PMC4168077/
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